

## Calculating LDL Cholesterol

If you purchase a home cholesterol test kit it will probably give you readings for total cholesterol, HDL and triglycerides but not for LDL. With the following simple formula you can calculate your LDL cholesterol.

$$\text{LDL} = \text{Total Cholesterol} - \text{HDL} - 1/5 \text{ Triglycerides}$$

For example if your Total Cholesterol = 150, HDL = 42 and Triglycerides = 120 then:

$$\begin{aligned}\text{LDL} &= 150 - 42 - 1/5 \times 120 \\ &= 150 - 42 - 24 \\ &= 84\end{aligned}$$

## What Should The Numbers Be?

### Total Cholesterol (mg/dL)

Desirable < 200

Borderline 200 – 239

High >240

### Triglycerides (mg/dL)

Desirable < 150

Borderline High 150 – 199

High 200 – 499

Very High > 500

### HDL (mg/dL)

Desirable > 40

Considered to offer some protection > 60

Considered to be a significant independent risk factor < 35

LDL (mg/dL)

*Desirable* < 100

*Desirable for heart patients* < 70